

Living Boldly

News and notes brought to you by the
DC Department of Aging and Community Living

Volume 2

Issue 6

A Newsletter for DC Seniors

June 2022



DIRECTOR'S MESSAGE

By Laura Newland,
Director D.C.
Department of
Aging and
Community Living

Dear Seniors,

The time has come for me to say goodbye. For the past six and half years, you've honored me by telling me your stories, sharing what DC means to you, and showing me how we can make our city a place where all older adults can thrive. We've had lots of tough conversations with each other, figuring out what works and what doesn't work to ensure DC is the best place to age. And, most importantly, we've had so much fun together – from pageants and barbecues, to dance contests and holiday parties, we've shown the world what it truly means to **live boldly**. And for these experiences and so much more, I'm so grateful to have served as Director of the Department of Aging and Community Living.

Before I go, I want to say thank you. Thank you for your patience, kindness and love. Because of you, my time with DACL will be unforgettable. The team at DACL will continue the work of ensuring all older adults can thrive in the communities you know and love. One of those team members is our Chief Program Officer, Jessica Smith. Jessica brings passion, brilliance and fierce dedication to DACL values. She steps in wherever she's needed, bringing a fresh perspective and creative problem-solving skills. Most importantly, she listens. You may have met her already at our wellness centers or at the Senior Fest, and I've asked her to share a few words this month.

Remember—Aging is living!!
With so much gratitude, Laura

A Message from DACL Chief Program Officer, Jessica Smith

Dear Seniors,

I'm Jessica Smith, Chief Program Officer for DACL. As Chief Program Officer, I have the pleasure of working with DACL staff and our network of more than 29 community partners to bring you programming and resources designed with you in mind! I'm excited that this month, and all summer long, we have so much in store for you.

As you know, it's Pride Month and in the District, we take PRIDE in celebrating and honoring our diverse LGBTQ+ community. Saturday, June 11, we're excited to join Mayor Bowser in return of the Capital Pride Parade! We'll be back, stronger than ever before, with our Senior Pride Trolley. If you are an LGBTQ older adult, age 60 or over, and you want to ride along with us during the parade, reach out to my office at 202-727-8955. Seats are limited, but all are welcome to walk with DACL. Then on Sunday, June 12, DACL will be at both the Capital Pride Festival, highlighting our programs and services, and the Annual Ms. Senior DC Pageant! This year's pageant is back in person, and we can't wait to see who will represent our city as the new Ms. Senior DC.

Also, this month, Mayor Bowser is hosting the

11th Annual Senior Symposium at Ballou High School on June 28. Our theme this year is Better Together: Support, Inspire, Love — focusing on the power of community and recommitting ourselves to connecting with each other. It's been two years since we've had an in-person symposium and it's time for us to get back together. Join us to learn something new, meet new neighbors and friends, and reconnect with all of us. This year's master of ceremonies is Shawn Perry of the Senior Zone, and we're excited to have a great line-up of performances, informative sessions, and exhibitors. To register, please visit <https://tinyurl.com/SenSymposium11>. If you need any assistance with registering, please call 202-727-8955.

Our community partners and DACL outreach team have a ton of other events happening all month long and throughout the city to celebrate PRIDE and to celebrate you! You can find all of these events by visiting dacl.dc.gov and clicking on DACL Events.

Like the Mayor continues to say, DC is Open and the time to gather is now. So, this summer, I invite you to connect with us and see everything we have to offer.

I'm excited to see you at our various events.

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Calling all older adults and people who care for them!

Please join us throughout the month of June to learn about healthcare frauds and abuse targeting older adults. All sessions are open to the public!

Elder Justice: An introduction to health care fraud Webinar on 6/8 from noon to 1 p.m.

Experts from the FBI and AARP will focus on healthcare frauds that target older adults. Learn what red flags might indicate fraud, how to report it, and what to do if you're a victim. Register here: bit.ly/FBIJune8

Elder Justice: A case study of abuse/neglect Webinar on 6/15 from noon to 1 p.m.

Our second session will provide a deep dive into a specific case of elder neglect or abuse. Learn how the allegations first came to light, what steps the authorities took to uncover the facts, and what the outcome was. Register here: bit.ly/AbuseJune15

Elder Justice: A case study in health care fraud Webinar on 6/22 from noon to 1 p.m.

In this session, another case study will illustrate how frauds involving over-billing can cause financial losses to insurance companies and can also spill over into physical or financial harm inflicted directly upon older adults. Our experts will offer tips on the red flags that could indicate fraud, especially in situations involving home health care aides. Register here: bit.ly/fraudJune22

Elder Justice: Q&A about health care fraud, abuse, and neglect Webinar on 6/29 from noon to 1 p.m.

Ask questions about healthcare fraud, abuse and neglect involving older adults. A panel of subject-matter experts from federal and state government agencies will answer questions from the audience. Register here: bit.ly/FBIJune29

This Elder Justice series is co-sponsored by:



See infragardnrc.org/elderjustice for recordings of prior sessions!

Join a Future of Aging workshop, listening session, or other engaging activity and receive a gift card for your time.

Future of Aging (FOA) is a new project focused on improving access to senior services offered by the Department of Aging and Community Living. If you are a District resident, age 50 or older, or a resident of any age providing care for an older adult, we want to hear from you!

You can participate by phone, Zoom, or in-person, and activities will be held across the District. **Participants who are selected to participate in an FOA activity will receive a gift card as a token of ap-**

preciation for your time.

We're interested in hearing from you whether you already know about DACL programs and services or have never heard of us. So, tell a friend to tell a friend and give us a call today! To learn more and sign up, call us at 202-715-7534 or email us at futureofaging@dc.gov.

In case you missed it, all senior wellness centers are open! For more information on center hours and COVID guidelines, please contact your local senior wellness center.

Mayor Bowser's 11th Annual Senior Symposium



Ballou High School

Tuesday, June 28

9:00 AM

Join Mayor Bowser and the Department of Aging and Community Living at Mayor Bowser's 11th Annual Senior Symposium.

Register today! visit tinyurl.com/SenSymposium11 to learn more.

You must be 60 or older and a District resident to attend. For more information, visit dacl.dc.gov or call (202) 724-5626



#SeniorSymposium11

Celebrating DC Centenarians!

Mayor Bowser and the Department of Aging and Community Living are seeking District residents, age 100 years or older, to celebrate.



Call (202) 374-9573 or email dacl.communications@dc.gov if you know a DC resident who has celebrated, or will celebrate their 100th birthday by July 31, 2022.

Please send the name, date of birth, contact information, and a bio for each individual that you are registering. Registration ends August 1, 2022.



MS. SENIOR DC PAGEANT 2022

Sunday, June 12, 2022

Location:
UDC Auditorium Building #46
4200 Connecticut Avenue NW
Washington, DC 20008

Doors Open – 2:00 PM
Pageant Start – 2:30 PM

Ticket Price: \$20
Must provide proof of vaccination and wear a mask.
(Additional fee for garage parking)

For More Information:
<https://dacl.dc.gov>
or
www.seaburyresources.org
(202) 635-1900

Seabury Resources for Aging®

DACL LIVE BOLDLY

GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR